



CIVIL AIR PATROL
United States Air Force Auxiliary
Office of the National Commander
105 S Hansell St., Maxwell AFB AL 36112-6332

18 February 2005

MEMORANDUM FOR ALL UNIT COMMANDERS

SUBJECT: Policy Letter – Revision to the Cadet Physical Fitness Test Standards

1. Effective immediately, the National Commander, exercising the authority of imposing emergency regulations and policies, amends the Cadet Physical Fitness Test (CPFT) requirements prescribed in CAPR 52-16, *Cadet Program Management* (paragraph 1-3B), and the related pamphlet, CAPP 52-18, *Cadet Physical Fitness Program* (chapter 5), as follows:

2. **Revised Test Standards – Category I Cadets.** Most cadets are assigned to Physical Fitness Category I, and for them the simple rule is “**Run plus 2 out of 3.**” Category I cadets must meet the performance standards listed in CAPP 52-18 for the mile run or shuttle run, plus two of the three other CPFT events (curl-ups, push-ups, and the sit-and-reach) to pass the CPFT. Cadets need not declare in advance which two events they will attempt, and should be encouraged to attempt all test events if logistically feasible.

Example: If a cadet passes the shuttle run, push-ups, and sit-and-reach, but fails the curl-ups and the mile run, the cadet earns an overall passing grade for the CPFT.

3. **Revised Test Standards – Category II, III, and IV Cadets.** Cadets assigned to Physical Fitness Categories II, III, or IV are waived from one or more CPFT events due to a medical condition. Testing officers score each waived event as a “pass.” Cadets need not declare in advance which two events they will attempt, and should be encouraged to attempt all test events if logistically feasible.

Example: Suppose a cadet broke his or her arm, is temporarily assigned to Category II, and is waived from the push-up, yet remains able to perform all other events. To earn an overall passing grade for the CPFT, this cadet would need to pass the mile or shuttle run, and either the curl-up or sit-and-reach (the push-up is scored as a “pass”).

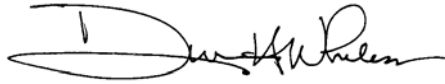
4. **Individual Differences.** Some cadets who are relatively fit may nevertheless struggle with a particular event. The “run plus 2 out of 3” rule recognizes that reality and makes an accommodation for individual differences. The National Cadet Program Committee and the National Cadet Advisory Council studied this issue together and support this policy change.

5. **Award Programs.** The “run plus 2 out of 3” rule affects some award programs as well.

A. **President’s Challenge:** Cadets remain eligible to earn President’s Challenge Awards (see CAPP 52-18, chapter 4). However, cadets must pass all CPFT events (the “run plus 2 out of 3” rule described above does not apply) to qualify for these awards. Nevertheless, commanders should encourage their cadets to strive to meet the President’s Challenge.

B. CAP Squadron Physical Fitness Awards: When a unit attempts to earn a Squadron Physical Fitness Award, the “run plus 2 out of 3” rule applies. If 70% of a squadron’s cadets meet or surpass the bronze, silver or gold standards described in CAPP 52-18, using the “run plus 2 out of 3” rule, then the unit qualifies for the award.

6. **Effective Dates.** This policy letter takes effect immediately. It does not allow for any “grandfather” provisions. The policy will remain in effect through the 2005 National Board Meeting (20 August 2005).

A handwritten signature in black ink, appearing to read "Dwight H. Wheless". The signature is fluid and cursive, with a large initial "D" and a long horizontal stroke extending to the right.

DWIGHT H. WHELESS
Major General, CAP
National Commander